

# Action Philosophy: Breaking & POOM-SE

## Energy Meditation \* Power Exercise



### 1. Why? Purpose of breaking:

- 1) Improve technique: Accuracy, speed, and power.
- 2) Build positive attitude: How to set goals, focus, and achieve goals.

### 2. How? To build best breaking technique:

- 1) Practice step-by-step (break down the technique)
- 2) How to hold a board:
  1. ALWAYS hold a board with your fingers flat and supported by your palms
  2. NEVER hold the board in front of your face
  3. ALWAYS pull the board apart
  4. NEVER let a piece of the board fly toward people
  5. ALWAYS hold with straight elbows and a solid stance

### 3. With Action Philosophy:

Before breaking say, **“No fear, yes I can!”**

After breaking say, **“I am a life champion!”**

Before breaking say, **“My goal is to become a certified instructor!”**

After breaking say, **“I will be a certified instructor!”**

Before breaking say, **“Break my limitations!”**

After breaking say, **“I am a winner!”**

Before breaking say, **“Focus!”**

After breaking say, **“I am a leader!”**

Before breaking say, **“Maximize my potential!”**

After breaking say, **“I am a victor!”**

### 4. Four Styles of Breaking:

- 1) Slow motion with partner.
- 2) Regular with partner.
- 3) Action movie style (Creativity) with partner.
- 4) Breaking technique sparring with partner.

## **What is POOM-SE?**

POOM-SE is the art and beauty of martial arts. It represents harmony and balance, which is the rule of nature.

1. Why? Purpose of POOM-SE: How to develop harmony and balance, which is the Martial Arts World philosophy.
2. How to build the best POOM-SE technique
  - 1) Practice step-by-step
  - 2) With action philosophy
  - 3) 10 styles of POOM-SE

## **Create Life Fitness to create Life Success!**

### **POOM-SE MU-DO**

- 1. I am a leader, not a follower!**
- 2. I am a self-leader!**
- 3. I am an attractive leader!**
- 4. I am a necessary leader!**
- 5. I am a network leader!**
- 6. I am a corporate leader!**
- 7. I am a public leader!**
- 8. I am a global leader!**

**9-16 repeat 1-8 / 17 – 24 repeat 1-8**

**When finished say, “I am a modern leader!”**

### **POOM-SE JA-YUN**

- 1. Eum and Yang** (Harmony and balance)
- 2. Pushing out the toxins**
- 3. Stars energy**
- 4. Sun rise, sun set, moon rise, moon set** (drawing energy from sun and moon)
- 5. Lift up the mountains** (gathering energy from the mountains)
- 6. Lift up the ocean** (gathering energy from the ocean)
- 7. Lift up the Earth** (gathering energy from the earth)
- 8. Good conquers evil**
- 9. Swimming like a dolphin** (In the ocean)
- 10. Swimming like a shark** (In the ocean)
- 11. Act like a tiger** (On the earth)
- 12. Act like a lion** (On the earth)
- 13. In the air; fly like an eagle**
- 14. Eagle pouncing**
- 15. Crouching dragon**
- 16. Dragon attacking**
- 17. Fresh energy in**
- 18. Toxin out**
- 19. Peaceful energy in**
- 20. Evil energy out**
- 21. Positive energy in**
- 22. Negative energy out**
- 23. Universal energy in**
- 24. All negative energy out**  
**“I am mini-universe!”**

**Create Moral Fitness to create Moral Success!**

**POOM-SE PYUNG-HWA**

- 1. I am high class physically!**
- 2. I am high class mentally!**
- 3. I am high class morally!**
- 4. I am high class financially!**
- 5. I am high class in life!**
- 6. I am high class personally!**
- 7. I am high class socially!**
- 8. I am high class professionally!**

**9-16 repeat 1-8 / 17 – 24 repeat 1-8**

**When finished say, “I am proud that I am high class!”**

**POOM-SE SEUNG-JA**

**1-24. I am a winner!**

**POOM-SE JI-DO-JA**

**1-24. I am a modern leader!**

**POOM-SE WU-JU**

**1-24. I am a mini-universe!**

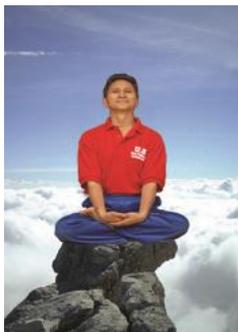
**Harmony and Balance!**

# 12 Styles of POOM-SE



1. **Competition** - Beauty
2. **Dynamic Tension** - Power
3. **Ballet** - Flexibility
4. **Combination** - Ability
5. **Action Movie** - Creativity
6. **Mental** - Blind
7. **Innovation** - Smarter
8. **Directional** - Wisdom
9. **Motivational** - Energy
10. **Breaking** - Demo
11. **Practical Application** - Realization
12. **Group** - Teamwork

Fun! Exciting! Meaningful! Beneficial!



## Energy Meditation

### What is energy meditation?

**Meditation to generate fresh, peaceful, and positive energy.** Empty your body and mind by expelling used toxins, evil, and negative energy from your body. Generate energy by receiving fresh, peaceful, and positive energy from nature.

### Benefits of energy meditation:

You need fresh, peaceful, and positive energy to be healthier, smarter, and stronger. With fresh, peaceful, and positive energy, you will be vigorous and can maximize your potential.

## Energy Meditation 1

Inhale deeply and exhale peacefully with a smile. While inhaling, intentionally visualize you are receiving fresh, peaceful and positive energy from nature. While exhaling, intentionally visualize you are expelling used toxins, evil and negative energy from your body, and internally say:



1. *“My lower energy center is the center of balance. It is the foundation of my body, mind, and spirit.”*

*Ha Dan - Jun*  
(Lower energy center)



2. *“My middle energy center is my second brain. It is a guide for the formation of my positive attitude.”*

*Joong Dan - Jun*  
(Middle energy center)



3. *“My high energy center has over 100 billion cells. It will lead me to succeed in my life!”*

**While inhaling and exhaling,** internally say with a smile: *“I feel relaxed and peaceful.”*

*Sang Dan - Jun*  
(High energy center)

Energy meditation will strengthen your inner power. **It will release your stress and develop a winning spirit.**

## Energy Meditation 2



**1. Take a few breaths and internally say with a smile:** *“Inhale deeply and exhale peacefully.”*

**2. While inhaling, intentionally visualize and internally say:** *“I am receiving fresh energy from nature into my lower energy center.”*

**While exhaling, intentionally visualize and internally say:** *“I am expelling toxins (starting from my lower energy center) out of my body into the ground, air, and sky simultaneously.”*

*Ha Dan - Jun* Lower energy center



**3. While inhaling, intentionally visualize and internally say:** *“I am receiving peaceful energy from nature into my middle energy center.”*

**While exhaling, intentionally visualize and internally say:** *“I am expelling evil energy (starting from my middle energy center) out of my body into the ground, air, and sky simultaneously.”*

*Joong Dan - Jun*

Middle energy center



**4. While inhaling, intentionally visualize and internally say:** *“I am receiving positive energy from nature into my high energy center.”*

**While exhaling, intentionally visualize and internally say:** *“I am expelling negative energy (starting from my high energy center) out of my body into the ground, air, and sky simultaneously.”*

**5. While inhaling and exhaling, internally say with a smile:** *“I feel positive and vigorous, and I feel I can do anything I set my mind to do.”*

*Sang Dan - Jun*

High energy center

Energy Meditation will empty your mind and fill your energy centers full of fresh, peaceful, and positive energy. **It will release your stress and develop internal strength**